

KEV SIV LUB ROOJ ZAUM HAUV TSHEB RAU MENYUAM KOM TXHOB MUAJ TEEBMEEM TXHUA ZAU CAIJ TSHEB YUAV TSUM KHI SIV KOM YOG!

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Tag nrog cov menyuam yuav tsum siv lub rooj zaum hauv tsheb, lub tog zaum hauv tsheb, lossis txoj siv khi hauv tsheb.

- Kuv tus menyuam ib txwm zaum lub rooj nram qab thiab ib txwm yeej tsis zaum ua ntej ntawm lub hnab pa cua.
- Txhua tus neeg hauv kuv lub tsheb yeej khi siv thaum caij tsheb, yeej siv hom rooj zaum hauv tsheb uas yog, yeej siv lub tog zaum hauv tsheb lossis siv khi duav rau txhua tus neeg raws li nws lub hnub nyoog thiab nws lub cev, uas loj los me.
- Kuv tus menyuam lub rooj zaum hauv tsheb mas yeej muaj tej khoom siv txhij txhua, muaj cim lo rau thiab muaj lus qhia tias siv li cas thiab yeej tsis tau ntsib kev sib tsoo hauv tsheb los dua.
- Kuv ua raws li cov lus qhia txog kuv lub tsheb thiab rau lub rooj zaum kom khi tau kuv tus menyuam yog thiab ruaj.
- Kuv tus menyuam lub rooj zaum yeej tsis tau ntsib kev sib tsoo hauv tsheb lo dua.
- Kuv ib txwm yeej tsis tso kuv tus menyuam tseg nyob ib leeg rau hauv tsheb.



Siv peb qhov online [Ultimate Car Seat Guide](https://www.safekids.org/ultimate-car-seat-guide) yog muaj Lus dab tsis xav paub txog txhua yam yuav siv rau koj lub rooj zaum hauv tsheb. www.safekids.org/ultimate-car-seat-guide

Menyuam mos ab hnuv nyoog yau tshaj 2 xyoo siv cov rooj zaum tig sab nrab nqaum rau pem taub hau tsheb

- Kuv tus menyuam ib txwm zaum lub rooj nram qab thiab ib txwm yeej tsis zaum ua ntej ntawm lub hnab pa cua.
- Kuv tus menyuam ib txwm zaum hauv nws lub rooj zaum ua hauv nws lub cev thiab lub hnuv nyoog.
- Kuv tus menyuam zaum hauv nws lub rooj rau hauv tsheb tig rov mus rau nram qab tsheb.
- Txoj siv ntawm lub rooj yeej khi kuv tus menyuam tau haum zoo, thiab kuv yeej nyem tsis tau txoj siv khi ntawm xub pwg kom txoom.
- Kuv tus menyuam lub rooj zaum hauv tsheb yeej raug khi khov kho rau hauv tsheb thiab yeej txav tsis tau tshaj li ib nti (2.54 cm) thaum kuv muab qhov chaw txoj siv khi/khuam rau lub khawb rub.
- Kuv tus menyuam siv lub rooj zaum rau hauv tsheb loj zog uas tig rov rau nram qab mus txog ntua rau lub sijhawm nws loj dua rau lub rooj thiab cov siv. Cov rooj nrog rau cov siv feem ntau yeej siv tau rau menyuam muaj 35 phaus (15.88 kg), 40 phaus (18.14 kg) lossis 45 phaus (20.41 kg).
- Kuv ib txwm yeej tsis tso kuv tus menyuam tseg nyob ib leeg rau hauv tsheb.



Cov menyuam loj zog thiab cov menyuam loj uas siv cov rooj zaum hauv tsheb uas tig rov rau sab tau hau thseb siv txoj hlua saum toj khi lub rooj zaum.

Yog kuv tus menyuam muaj hnuv nyoog 2 xyoo THIAB nyhav tshaj lossis siab tshaj rau lub rooj zaum uas tig rov rau nram qab tsheb mas:

- Kuv tus menyuam yuav tsum ib txwm zaum lub rooj peb qab hauv tsheb.
- Kuv tus menyuam yuav tsum ib txwm zaum hauv lub rooj zaum hauv tsheb uas yog ua rau cov menyuam loj li nws thiab muaj hnuv nyoog li nws.
- Txoj siv ntawm lub rooj yeej khi kuv tus menyuam tau haum zoo, thiab kuv yeej nyem tsis tau txoj siv khi ntawm xub pwg kom txoom.
- Kuv tus menyuam lub rooj zaum hauv tsheb yeej raug khi khov kho rau hauv tsheb thiab yeej txav tsis tau tshaj li ib nti (2.54 cm) thaum muab txoj siv rub. Kuv siv txoj siv saum toj.
- Kuv tus menyuam siv lub rooj zaum no txog ntua rau thaum tias nws loj hwi rau lub rooj thiab cov hlua khi. Lub rooj thiab cov hlua khi feem ntau yeej siv tau rau 50 phaus (22.68 kg) lossis tshaj ntawd.



Cov menyuam muaj hnuv nyoog loj zog thiab cov menyuam loj mas siv cov tog zaum uas muaj siv khi ntawm duav thiab siv khi ntawm xub pwg

Yog kuv tus menyuam nyhav dhau thiab siab tshaj rau lub rooj zaum tig rov rau pem tau hau tsheb mas:

- Kuv tus menyuam yuav tsum ib txwm zaum lub rooj peb nram qab huav tsheb.
- Kuv tus menyuam yuav tsum ib txwm zaum lub tog uas siv txoj siv ntawm duav thiab txoj siv khi ntawm xub pwg.
- Txoj siv ntawm duav mas yuav tsum nyob nqi rau ntawm nws sab ntsag, txhob nyob ncaj rau lub plab.
- Txoj siv ntawm xub pwg yuav tsum khi ncaj ntawm lub xub pwg – txhob yog lub caj dab, hauv qab tso lossis nyob nram dab qaum.
- Txoj siv ntawm yuav tsum khi kuv tus menyuam kom haum zoo, ncaim lais thiab kabseeb rau kuv tus menyuam.
- Kuv tus menyuam tej zaum yuav tsum muaj li 8-12 xyoo ua ntej txoj siv tawv ua los nrog tsheb thiaj yuav hauv es tsis tas siv lub tog zaum rau menyuam.



Cov menyuam yaus uas haum siv cov siv los nrog lub tsheb

Yog kuv tus menyuam loj tshaj nws lub tog zaum lawm mas:

- Kuv tus menyuam yuav tsum ib txwm zaum lub rooj nram qab tsheb txog ntua rau thaum nws muaj hnuv nyoo 13 xyoo.
- Kuv tus menyuam yuav tsum ib txwm siv txoj siv ntawm duav thiab txoj siv khi ntawm xub pwg.
- Txoj siv ntawm duav mas yuav tsum nyob nqi rau ntawm nws sab ntsag, txhob nyob ncaj rau lub plab.
- Txoj siv ntawm xub pwg yuav tsum khi ncaj ntawm lub xub pwg – txhob yog lub caj dab, hauv qab tso lossis nyob nram dab qaum.
- Kuv tus menyuam lub dab qaum yuav tsum ib khov kho rau lub rooj tsheb, nws lub hauv caug yuav tsum hlauv dauv txij ntawm ntug rooj tsheb rau hauv, thiab nws yuav tsum zaum li no mus txog ntua rau thaum tsis caij tsheb lawm.
- Txoj siv ntawm lub rooj yuav tsum khi, ncaim lais, thiab kab seeb rau kuv tus menyuam. Yog txoj siv tsis haum zoo, kuv tus menyuam yuav tsum siv lub tog zaum hauv tsheb.



BASIC CAR SEAT SAFETY

Be sure to buckle up the right way on every ride!

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All children must use a car seat, booster seat or seat belt.

- My child always rides in a back seat and never in front of an airbag.
- Everyone in my car buckles up on every ride using the right car seat, booster seat or seat belt for each person's age and size.
- My child's car seat has all of its parts, labels and instructions and has never been in a crash.
- I follow the instructions for my car and my car seat so that my child is buckled in right and tight.
- My child's car seat has never been in a crash.
- I never leave my child alone in a car.



Use our online [Ultimate Car Seat Guide](http://www.safekids.org/ultimate-car-seat-guide) for information on all your car seat needs.
www.safekids.org/ultimate-car-seat-guide

Babies under 2 use rear-facing car seats

- My child always rides in a back seat and never in front of an air bag.
- My child always rides in a car seat made for his or her size and age.
- My child sits facing the back of the car in his or her car seat.
- The harness straps are snug on my child, and I can't pinch the buckled strap at the shoulder.
- My child's car seat is buckled tightly in the car and doesn't move more than one inch when I pull it where the seatbelt is buckled/attached.
- My child uses a bigger rear-facing car seat until he or she outgrows the harness. Many harnesses go to 35, 40 or 45 pounds.
- I never leave my child alone in a car.



Toddlers and big kids use forward-facing car seats with a top tether

If my child is over age 2 AND has outgrown the weight or height limits for the rear-facing seat:

- My child always rides in a back seat.
- My child always rides in a car seat made for his or her size and age.
- The harness straps are snug on my child, and I can't pinch the buckled strap at the shoulder.
- My child's car seat is buckled tightly in the car and doesn't move more than one inch when I pull it at the belt path. I use the top tether.
- My child uses this car seat until he or she outgrows the harness. Many harnesses go to 50 pounds or more.



Older, bigger kids use booster seats with lap and shoulder seat belts

If my child has outgrown the weight or height limit of the forward-facing car seat:

- My child always rides in a back seat.
- My child always rides on a booster seat using a lap and shoulder seat belt.
- The lap belt sits low on his or her hips, not the stomach.
- The shoulder belt is on my child's shoulder – not on the neck, under the arm or behind the back.
- The seat belt is snug, flat and comfortable on my child.
- My child may be between 8-12 years of age before the seat belt fits without a booster.



Kids ready for seat belts

If my child has outgrown the booster seat:

- My child always rides in a back seat until age 13.
- My child always uses a lap and shoulder seat belt.
- The lap belt sits low on my child's hips, not the stomach.
- The shoulder belt is on my child's shoulder – not on the neck, under the arm or behind the back.
- My child's back is firmly against the vehicle seat back, his or her knees bend at the front edge of the vehicle seat, and he or she can sit this way for the whole ride.
- The seat belt is snug, flat and comfortable on my child. If the seat belt does not fit right, my child must use a booster seat.

